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Your essential daily news | **MONDAY, FEBRUARY 27, 2017**

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THE MAN-FLU IS REAL

They're not just crybabies — research at the University of Ottawa suggests men really do have it worse

metroNEWS

Parents key to solving the opioid crisis

HEALTH

Dad who wrote open letter calls for action at family level



Adam Kveton
For Metro | Ottawa

Opioid addiction is not a new problem, but now that it's killing teens, parents will be the ones to grasp a solution.

That's what one Kanata father believes after giving Ottawa a visceral look into the fentanyl overdose problem in his suburb.

Sean O'Leary posted an open letter on Facebook on Feb. 18 describing his family's struggle to help their 16-year-old daughter get off drugs.

He detailed his rude awakening to the drug problem in Kanata when, upon arriving home Dec. 31, he found a 17-year-old boy dead in his garage. After O'Leary performed CPR, the boy's heart started again and paramedics arrived.

"I knew on Dec. 31 that we had a friggin' major issue in Kanata, and nobody warned us," said O'Leary.

Since then, O'Leary has received job offers from social agencies and government organizations and was even asked to run for office. But he said he's not interested. He wants to work on this problem from the perspective of a parent only.

"This problem is not going to be fixed by the government," he said. "It's got to be fixed by the people."

"Governments have been trying to deal with this problem for decades.... The only difference now is it's killing our kids. So we've got to work on it."

He held a parents-only meeting last Thursday, which saw more than 100 in attendance.

Kanata South Coun. Allan Hubley invited O'Leary to combine the meeting with one hosted by councillors scheduled for Monday, but O'Leary said he worked to keep them separate.

The Monday information meeting, at the Kanata Rec Centre at 6:30 p.m. is meant for the community at large, said Hubley.

Still, O'Leary isn't eschewing government support. He said he and a group of parents planned to meet with MPP Lisa MacLeod on Sunday to discuss a plan that she can take back to Queen's Park.

He's also started a website, wetheparents.ca, and said there will be many more parent meetings to come.

Vicky Mochama asks: When is White Complicity Month? **metro**VIEWS



DISEASE

Public Health on watch for mumps

Ottawa Public Health is on the lookout for mumps after a confirmed case neighbouring area.

Mumps, also known as epidemic parotitis, is a highly contagious disease with symptoms that include fever, facial swelling, muscle pain, headache and fatigue. While public health officials are contacting those who may have interacted with sick patient, they're also urging everyone to make sure their vaccines are up to date.

Cases of mumps have risen in Ontario and Alberta. The viral infection is covered by the measles-mumps-rubella (MMR) or measles-mumps-rubella-varicella (MMRV) vaccines. METRO

More coverage on pg. 5

IN BRIEF

Lightning strikes home

Homeowners in Manotick got a shock Saturday afternoon when their home was hit by lightning causing a small fire.

According to a release, firefighters got the call to the home at 5503 Spratt Rd. at about 1:30 Saturday and discovered lightning had struck a shed at the back of the home, travelled underground through wiring and blown the electrical panel inside the home.

METRO

The show must go on

REDBULL

Crashed Ice track stays cool in any temperature



Haley Ritchie
Metro | Ottawa

If the warm temperatures have you nervous that Redbull's Crashed Ice will crash and burn don't worry — the show will go on with a high tech track capable of keeping things cool even at 15 C.

Downhill ice cross is an extreme sporting event where athletes on skates race down a iced track filled with dizzying drops and sharp turns.

This year Parks Canada and federal government partners approved organizers' building the track in and around the Rideau Canal next to the Chateau Laurier.

"Red Bull went even further and said 'Why not go in and out of the locks?' which I thought would never be considered. Those guys are crazy — just wild," said Guy Laflamme, head of Ottawa 2017.

Building the 375 metre long track — most of which is suspended on scaffolding — has taken weeks.

Wood from the construction will be repurposed for Habitat for Humanity.

The highly technical production of the 12 centimetres of dense ice on the track began Friday. A team of 20 people will spray a fine mist of the track



The Crashed Ice track has taken four weeks to construct. HALEY RITCHIE/METRO

24 hours a day for six days.

Four high performance "chillers" combined with special refrigerated rubber mats covering the surface of the track will help keep the ice solid until race day.

The track also has a built in Zamboni system to keep the surface smooth.

If the event is a success, he said Ottawa would hope to

draw Crashed Ice back every three years.

"I was down below with the world head of Redbull Crashed Ice, when he saw the view of Chateau Laurier and Parliament Hill, he was in awe," said Laflamme.

"I think we've demonstrated that this will be the most scenic site of all the cities they've covered."



I think we've demonstrated that this will be the most scenic site of all the cities they've covered.

Guy Laflamme

HOMELESSNESS

Walkers brave cold for charity

Saturday night was milder than most February evenings, but volunteers on Ottawa's streets were raising money for colder nights.

The annual Coldest Night of the Year walk brought out almost 600 people across the city, in both the downtown and suburbs, to raise money for organizations to help with homelessness.

Three Ottawa organizations — including the Ottawa Mission, Chrysalis House in Kanata and Jericho Road Christian Ministries — held three different walks and together raised \$147,662.

"We were very pleased and grateful for all the support," said Shirley Roy, spokesperson for the Ottawa Mission.

Roy said the Ottawa Mission walk on Saturday night included an 11-year-old who brought her friends along instead of having a birthday party.

Even though it was a mild and damp night for February standards, the cold and the rain were a reminder of the challenges facing those living in the streets.

"People who are on foot and staying at a shelter struggle with any kind of inclement weather," said Roy. "It's also an urban experience. People in the suburbs come downtown, they walk downtown where the shelters are. It's definitely a physical experience."

The funds raised for each of the three organizations will go towards year round programming. HALEY RITCHIE/METRO

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MUSLIM BAN

Nerves high for travellers

Alana Thoman
For Metro | Ottawa

Despite the suspension of President Donald Trump's travel ban foreign-born Canadians are still feeling nervous when crossing into the United States.

Trump signed an executive order on Jan. 27 banning citizens from seven Muslim-majority countries from entering the United States. It was quickly suspended by U.S. courts, but Trump has indicated a new set of regulations is coming.

Iraqi-Canadian Nadine Yousif recently travelled to New York City and says she was nervous about different scenarios as to how the questioning would go.

She says she was asked the routine questions until they pointed out the fact that she was born in Iraq.

"The fact that it was suspended and they still asked me something they wouldn't have asked me before (shows) that it created an environment where people are being singled out because of where they are from and their background," said Yousif who is from Ottawa. "It's something that has never happened to me before."

She said you can feel the change in the atmosphere and the way people view you at the border if you look a certain way, therefore contributing to thinking twice about crossing it.

"I have very close friends that wear headscarves and don't want to cross the border because that thought of being looked at that way can make (someone) feel really uneasy," said Yousif.

Yousif worries about the ban getting to a point where she could be removed from entering the U.S. and she says this would unfairly strip her of work opportunities and to visit her family.

Improv festival packs more than a few laughs

COMEDY

Organizer says event is about connecting with audiences



Haley Ritchie
Metro | Ottawa

Say 'Yes and' to tickets for Ottawa's Improv Festival next week and embrace the un-

expected from Ottawa's theatre community.

"If people come to the festival they can definitely expect to see something that will never be repeated again," said organizer Val Perelshtein. "It's a completely unique night, everything of course spontaneous and made up on the spot."

"To me anyway, the kind of improv we want to bring in is not so much jokes or puns but it really is about relationships on stage that are created there in the moment. That's what makes for a very compelling



Our community is always growing, so it's a fun place to find friends. Val Perelshtein

performance."

The theatre festival will span four days that include performances and workshops. International Women's Day will be celebrated on March 8, with an all women line-up for Shelarious. The second day features an all-local lineup from around the city.

Friday and Saturday will fea-

ture three headlining acts; the Kweendom from Toronto, Sand from Chicago and the Bloody Marys from Toronto.

Perelshtein promises "super truth bombs" and "perspective shattering" performances from the festival's headliners, a diverse trio of improv groups.

On Saturday audience members can become performers

with a free workshop at the Improv Embassy, an improv school that opened earlier this year. Other workshops are offered throughout the week.

A portion of ticket proceeds will go into a scholarship fund to pay for lessons for people from groups underrepresented in improv.

"Our community is always growing, so it's a fun place to find friends and connect with people," said Perelshtein. "We want it as diverse as possible, so as many people as possible can feel like 'I can do this.'"



EXTREME SPORTS SURFERS, KAYAKERS TEST THE WAVES The city's heartiest surfers and kayakers took the waves in the Ottawa River on Saturday afternoon outside Brebeuf Park. **HALEY RITCHIE/FOR METRO**



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Of mice and the man-flu myth

SCIENCE

Local research supports men in their illness agony



Adam Kveton
For Metro | Ottawa

Recent science seems to show that man-flu is real.

According to research at the University of Ottawa, that lump of a man camping out on the couch under blankets and empty bowls of ramen noodles may in fact have a worse time with the flu than women.

That is, if the effects of flu-like symptoms on mice are any indication.

It was research by the university's Neuroimmunology, Stress and Endocrinology Lab that stumbled upon support for the existence of man-flu.

In studying how stress during puberty changes the brain, they tested how mice of different ages and sexes reacted to a bacterial endotoxin that induces symptoms seen in human flu.



The researchers at the University of Ottawa found male mice suffered much more than female mice when they were sick. AP PHOTO

man flu.

Test results found that adult male mice displayed more sickness behaviour, that their body temperature fluctuated more than female mice, and they took longer to recover, according to a University of Ottawa press release.



Data supports the idea that man flu isn't just a myth.

Nafissa Ismail

"We were really surprised, and at first, we were like, 'Is this real?'" said Nafissa Ismail, director of the NISE lab.

But, after replicating their result twice in the lab, Ismail had little doubt.

"There was just such a huge difference between the males

and the females," she said.

Originally, the adult mice were only meant as controls for pubescent mice. But it turns out adult males were the only ones with significantly worse symptoms.

"My data supports the idea that the man flu isn't just a myth," said Ismail.

It also showed that balls aren't the problem either. At least not at that age.

Previous research that found differences in immune response between men and women suggested it could be linked to sex hormones, according to U of O's news release.

"Testosterone is generally seen as an immune suppressor and estrogen as an immune enhancer," it reads.

Ismail's wider research interest is in understanding why stressful events during puberty appear to have long-term effects on reproductive and other behaviours, as well as the brain itself, and why these events appear to affect females more.

Next, Ismail and her students look to tackle mononucleosis, or the kissing disease.

RETAIL

Farm Boy goes urban for growth

As local grocery chain Farm Boy celebrates 35 years in business, it's looking further afield in search of growth.

"We want to get the brand out to the GTA," said Jeff York, the company's co-CEO.

The company already has a southern Ontario presence with stores in cities such as Kitchener, Brantford and Whitby and is targeting the province's largest population centre for future expansion.

Mr. York said the Greater Toronto Area could one day support as many as 50 Farm Boy stores.

"That will keep us busy for a while," he says.

The company's current growth is increasingly coming from outside the city.

"At end of this year, we're going to have more stores outside of Ottawa than inside Ottawa," Mr. York said.

The company, which employs more than 3,000 people, opened its first "urban concept" store in Westboro last year.

JACOB SEREBRIN/OTTAWA BUSINESS JOURNAL

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Bolster your mumps defence: Experts

HEALTH

At-risk groups need to make sure vaccines are up to date

Public health officials and infectious disease experts are urging Canadians to check that their vaccinations are up to date as clusters of mumps are investi-

gated in Ontario and Alberta, and measles cases are probed in Nova Scotia.

The viral infections are both covered by the measles-mumps-rubella (MMR) or measles-mumps-rubella-varicella (MMRV) vaccines. But experts say people between the ages of 18 and 35 need to ensure they've had two doses to bolster their immunity.

"Mumps and measles are very contagious illnesses ... at the moment we have this particu-

lar issue with people who've only had one dose of vaccine. For this age group, it's a good time to check and make sure they've had two doses," said Dr. Allison McGeer, director of infection control at Toronto's Mount Sinai Hospital.

McGeer explained that when the mumps and measles vaccine was introduced, only one dose was administered but it later became apparent that two doses were needed for it to be effective

over the long term.

McGeer said there was nothing overly worrisome about the recent mumps and measles cases but noted that they served as a reminder of the importance of immunization efforts.

"The fact that you can still get clusters of cases is a marker for just how important having those vaccination programs is. If they didn't happen then everybody got sick."

Dr. Sarah Wilson, a medic-

al epidemiologist with Public Health Ontario, said individuals in the age range currently more susceptible to mumps may also be more at risk because of their behaviour traits.

That group is more likely to engage in behaviours and activities in which mumps spreads easily, like playing on sports teams, living in dormitories in close conditions and sharing drinks and food in bars, she said. THE CANADIAN PRESS



A dose of the MMR vaccine. THE ASSOCIATED PRESS FILE



Rose Boudreau told Metro her story on Thursday. By Friday morning, she was fielding job offers. JEFF HARPER/METRO

metro EFFECT

Job offers roll in after woman tells her story



Cody McEachern
For Metro | Halifax

A trans woman has received a handful of job offers only hours after Metro told her story, and future employment may be right around the corner.

Rose Boudreau spoke to Metro Halifax on Thursday about her struggle to find a job as a trans woman, and her concerns of prejudice from employers, but within three hours of the story being released, she had received her first offer, with others rolling in the next morning.

"It felt awesome," said Boudreau. "Getting these calls and

messages really made me feel valued. It was a great response, and made me feel like a weight was lifted off my chest."

The 22-year-old received multiple offers out of the blue from companies around Halifax.

"These companies contacted me under their own volition. I hadn't even applied to them, they just wanted to help me." Only recently transitioning and being relatively new to the community, the support and

offers have made her feel accepted and valued as a part of society, she said.

"Being able to have that platform to get my voice and story out has really helped. It connected me with people who support me and want to help."

I hadn't even applied to them, they just wanted to help me.

Rose Boudreau

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'This is not a battle, it's a siege'

POLITICS

Democrats use Tea Party tactics at town halls across the U.S.

Near the end of his town hall meeting last week in a rural Virginia county, Republican Congressman Dave Brat tried to defuse the tension with some comedy.

"Anybody got a good joke?" A couple hundred people who couldn't fit into the cramped restaurant were standing outside, listening on loudspeakers. Their roaring answer could be heard through the closed door: "You!"

Democrats are in no mood for friendly banter. Disturbed by the election of Donald Trump and determined to thwart his agenda, progressives around the country are borrowing a move from the Tea Party movement that impeded Barack Obama in the early years of his presidency: swamping legislators' local meetings to pepper them with jeers and tough questions.

Their primary goal, for the moment, is to protect the Affordable Care Act, the threatened health-care overhaul the Tea



Constituents of Congressman Dave Brat protest during a town hall meeting with the congressman in Blackstone, Virginia, on Feb. 21. STEVE HELBER/THE ASSOCIATED PRESS

Party tried to prevent from coming into existence. More broadly, they want to show lawmakers there will be consequences for supporting virtually any part of the president's program — at the very least, being pestered at every turn when they come home from Washington.

"I have no illusions that



Republicans are now accusing these activists of everything the Democrats accused the Tea Party of in 2009. Matt Kibbe

those of us who are horrified by Trump's election are going to have something miraculous happen. This is not a battle, it's a

siege. But this kind of event gives us energy. And it puts people like Dave Brat on notice: He may have cruised along the first time

around, but this is what his life is going to be like now, every day," said Professor Mary Mullins, 61, a Brat constituent who had not been politically active since her youth.

The movement's bible is an online manual called Indivisible: A Practical Guide for Resisting the Trump Agenda. Written by about 30 former Democratic congressional aides and posted online in December, it provides advice, based largely on Tea Party tactics, on how to get members of Congress to listen.

Veteran activists are helping to organize a movement some describe as "the resistance," and Matt Kibbe, president of prominent Tea Party backer FreedomWorks during the heyday of that movement, said Republicans are still "wrong to dismiss it."

"Republicans are now accusing these activists of everything the Democrats accused the Tea Party of in 2009. I don't think Democrats understood that the Tea Party was real, and maybe some Republicans don't appreciate that this is real," said Kibbe. "There's obviously a lot of professional community organizers involved, but you can't create this kind of grassroots participation. It has to be organic." TORSTAR NEWS SERVICE



Donald Trump AP FILE

Trump wasn't elected to hang with celebs: Spokeswoman

The White House says that when President Donald Trump skips the White House Correspondents' Association dinner, expect him to spend that Saturday night in April "focused on what he can do to help better America."

The dinner attracts politicians, journalists and celebrities and is typically attended by the president, who's often roasted.

Trump isn't saying why he won't be there. He has railed against "the fake news media," saying it is "the enemy of the American people."

Spokeswoman Sarah Huckabee Sanders says it's "kind of naive of us to think that we can all walk into a room for a couple of hours and pretend that some of that tension isn't there."

She tells said that Trump wasn't elected "to spend his time with reporters and celebrities."

THE ASSOCIATED PRESS

Suspect in Mardi Gras crash three times over the limit



Neilson Rizzuto
ORLEANS PARISH SHERIFF'S OFFICE

The man who allegedly plowed into a crowd at a Mardi Gras parade in New Orleans had a blood alcohol level nearly three times the legal limit, police said Sunday.

The New Orleans Police Department issued a statement identifying the man as 25-year-old Neilson Rizzuto.

He's being held at the city's jail on several charges.

The accident happened Saturday during one of the busiest nights of Mardi Gras. Police said Sunday that 28 people were hurt in the accident that sent 21 people to the hospital. At least three victims remained hospital-

ized overnight with moderate to serious injuries, police said Sunday. There were no fatalities.

Police say a breath alcohol test determined that Rizzuto's alcohol level was nearly three times the legal limit.

Rizzuto's father said he was still trying to under-

stand what happened and that his son is a "good kid." John Rizzuto told the station that he spoke with his son multiple times Sunday morning and that his son said "a stranger gave him a drink off the street and that's the last thing he remembered."

THE ASSOCIATED PRESS

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IN BRIEF

Sunrise Records taking over spaces left by HMV

Sunrise Records is placing a major bet on Canadian music sales with plans to move into 70 retail spaces being vacated by HMV.

The chain has negotiated new leases with malls across the country, giving it a foothold just as the industry's largest retailer closes up. THE CANADIAN PRESS

Israel to Amazon: Stop selling the spread of hate

Israel's official Holocaust memorial has asked Amazon to stop selling literature that denies the genocide of Jews during the Holocaust. Yad Vashem's Robert Rozett says he has sent a letter to Amazon offering to help them "curb the spread of hatred." THE ASSOCIATED PRESS

MALAYSIA

Poison killed North Korean leader's brother in minutes

Malaysia's health minister said Sunday that the dose of nerve agent given to North Korean ruler Kim Jong Un's exiled half brother was so high that it killed him within 20 minutes and caused "very serious paralysis."

Kim Jong Nam died Feb. 13 at Kuala Lumpur's airport in what Malaysian police say was a well-planned hit by two women who wiped a liquid on Kim's face. Police revealed Friday that the banned chemical weapon VX nerve agent was used to kill Kim, raising the stakes in the case.

Health Minister Subramaniam Sathasivam said the dose of VX given to Kim was so high that he showed symptoms within minutes. Kim fainted at the airport clinic and died in the ambulance while en route to a hospital, he said.

"VX only requires 10 milligrams to be absorbed into the system to be lethal, so I presume that the amount of dose that



Kim Jong Nam AP FILE

went in is more than that," he said at a news conference. "The doses were so high and it did it so fast and all over the body, so it would have affected his heart, it would have affected his lungs, it would have affected everything."

Asked how long it took for Kim to die, Subramaniam said, "I would think it was about, from the time of onset, from the time of application, 15-20 minutes."

North Korea has denied any role in the attack.

THE ASSOCIATED PRESS

Father of fallen soldier refused to meet Trump

The father of a Navy SEAL killed during an anti-terrorism raid in Yemen is demanding an investigation into its planning and criticized the Trump administration for its timing.

Bill Owens told The Miami Herald in a story published Sunday that he refused to meet with President Donald Trump when both came to Dover Air Force Base to receive the casket carrying his son, Chief Special Warfare Officer William "Ryan" Owens.

"I want an investigation," said Owens, a retired Fort Lauderdale police detective and veteran. "The government owes my son an investigation."

White House spokeswoman Sarah Huckabee Sanders told ABC's This Week on Sunday she believes the president would support an investigation.

"I can't imagine what this

father is going through," she said. "His son is a true American hero, and we should forever be in his son's debt."

The younger Owens, a 36-year-old married father of three, was the lone U.S. fatality in the Jan. 27 raid on a suspected al-Qaida compound. Approximately 16 civilians and 14 militants died in the raid, which the Pentagon said was aimed at capturing information on potential al-Qaida attacks against the U.S. and its allies.

The elder Owens told the Herald he refused to meet with the president because the family had requested a private ceremony.

"I'm sorry, I don't want to see him," Owens recalled telling the chaplain who informed him that Trump was on his way from Washington. "I told them I don't want to meet the president."

THE ASSOCIATED PRESS



The government owes my son an investigation.

Bill Owens

IN BRIEF

President's pick to head the navy pulls out

President Donald Trump's choice to be secretary of the Navy, businessman Philip Bilden, said Sunday he was withdrawing from consideration for the post, citing concerns about privacy and separating himself from his business interests.

Just last week, the

Pentagon sought to tamp down reports that Bilden might pull out.

In a statement Sunday, Bilden said he determined that he would not be able to satisfy the ethics requirements without what he called "undue disruption and materially adverse divestment of my family's private financial interests."

THE ASSOCIATED PRESS



EGYPT COPTIC CHRISTIANS FLEE THEIR HOMES AFTER DAESH ATTACKS

An Egyptian woman comforts an elderly Coptic Christian who weeps upon arriving to take refuge at the Evangelical Church in the Suez Canal city of Ismailiya on Saturday as dozens of Copts leave Egypt's Sinai Peninsula after a string of jihadist attacks by Daesh killed three Christians in the restive province.

AFP/GETTY IMAGES

Who's that Swede?

BROADCASTING

Nordic nation baffled again after Fox News airs an 'expert'

A wave of puzzlement is rippling across Sweden for the second time in a week, after a prominent Fox News show featured a "Swedish defence and national security advisor," Nils Bildt.

Bildt linked immigration to social problems in Sweden, lamented what he described as Swedish liberal close-mindedness about the downsides of welcoming newcomers and said: "We are unable in Sweden to socially integrate these people," arguing that politicians lacked a systematic plan to do so.

But if viewers might have taken the "advisor" for a government insider, the Swedish Defence Ministry and Foreign Office told reporters they knew nothing of him.

Bildt is a founding member of a corporate geopolitical strategy and security consulting business with offices in Washington, Brussels and Tokyo, according to

Bill O'Reilly convened an on-air faceoff Thursday over Swedish immigration and crime between a Swedish newspaper reporter and a man identified on screen and verbally as a "Swedish defence and national security advisor," Nils Bildt.

Bildt linked immigration to social problems in Sweden, lamented what he described as Swedish liberal close-mindedness about the downsides of welcoming newcomers and said: "We are unable in Sweden to socially integrate these people," arguing that politicians lacked a systematic plan to do so.

But if viewers might have taken the "advisor" for a government insider, the Swedish Defence Ministry and Foreign Office told reporters they knew nothing of him.

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He is in not in any way a known quantity in Sweden.

Robert Egnell

website. But security experts in Sweden said he wasn't a familiar figure in their ranks in that country.

"He is in not in any way a known quantity in Sweden and has never been part of the Swedish debate," Swedish Defence University leadership professor Robert Egnell said on Saturday. He and Bildt — also known then as Nils Tolling — were in a master's degree program in war studies together at King's College London in 2002-2003, and Bildt moved to Japan soon after, he said.

The executive producer of The O'Reilly Factor said Bildt was recommended by people the show's booker consulted while making

numerous inquiries about potential guests.

"After pre-interviewing him and reviewing his bio, we agreed that he would make a good guest for the topic that evening," executive producer David Tabacoff said in a statement.

The network said O'Reilly was expected to address the subject further on Monday's show.

Bildt didn't respond Saturday to email inquiries; a person who answered the phone at his company agreed to relay one. He told Dagens Nyheter on Friday that he was a U.S.-based independent analyst, and Fox News had chosen its description of him.

"Sorry for any confusion caused, but needless to say I think that is not really the issue. The issue is Swedish refusal to discuss their social problems and issues," he added in a statement to the news website Mediaite, explaining his profession as being an independent political adviser.

THE ASSOCIATED PRESS

GERMANY

Motive remains a mystery in deadly rampage

Authorities say a man who drove into a group of pedestrians in the German city of Heidelberg, fatally injuring one man, is being held on suspicion of murder and attempted murder.

Prosecutors and police said in a statement Sunday that they're examining whether

the suspect, a 35-year-old German student who lives in the city, can be held criminally responsible. They say there is no evidence of terrorism or extremism, and his motive remains a mystery.

Three people were injured in Saturday's crash, and one later died. The suspect got

out of his rented car with a kitchen knife, and was shot in the stomach by police shortly afterward.

The suspect has been hospitalized but authorities say his life isn't in danger. They say he didn't respond in their initial questioning.

THE ASSOCIATED PRESS



Police at the scene Saturday in Heidelberg. THE ASSOCIATED PRESS

Sun rises on music retail

POP CULTURE

Sunrise Records plans to move into 70 former HMV locations

Sunrise Records is placing a major bet on Canadian music sales with plans to move into 70 retail spaces being vacated by HMV Canada.

The Ontario-based music retail chain has negotiated new leases with mall landlords across the country. Sunrise's expansion gives the company a quick foothold in the Canadian music scene just as the industry's largest retailer closes shop. Stores will begin to open this spring after HMV liquidates its stock.

"It's a good opportunity for us to get a lot more stores open," Sunrise Records president Doug Putman said in an interview.

"We think there needs to be a great outlet across Canada to buy music."

The 32-year-old executive's investment comes at a time when many are dismissing physical music sales as more listeners shift to streaming options.

Compact disc sales fell 19 per



The HMV outlet at the Mic Mac Mall in Dartmouth, N.S. on Friday. Sunrise Records hopes to fill the hole in pop culture retail once HMV Canada liquidates its stock. ANDREW VAUGHAN/THE CANADIAN PRESS

cent to 12.3 million units last year, according to data compiled by Nielsen Music Canada. Meanwhile, on-demand audio streams experienced dramatic growth, rising 203 per cent to 22 billion streams, helped by services like Apple Music and Spotify.

Putman isn't convinced the data signals the end of physical media.

"A lot of the younger consumers still love having something tangible," he argued.

Putman bought the Sunrise chain from Malcolm Perlman in October 2014 just as streaming was going mainstream. Perlman had spent the previous few years shutting down most of the Sunrise stores in the Toronto area, often blaming higher rent.

When Putman gained control of the company, there were five Sunrise Records stores left. He's since doubled the number by opening in Ontario cities like Ottawa and North Bay. He said all of those stores are profitable.

His approach is a departure from the financials at HMV.

In court documents filed last month, HMV painted the im-

\$100K

Court documents filed in January indicate HMV was hemorrhaging money, losing \$100,000 a day. Putman says Sunrise aims to be fully profitable by 2018.

age of a hemorrhaging business where sales were projected to slide to \$190 million in 2016.

Sunrise Records will invite 1,340 former HMV employees to apply for 700 positions as it moves into the new locations.

The company was unable to reach new terms for about 30 of the closing HMV stores, Putman said, including the company's flagship location at Yonge and Dundas streets in Toronto. Some landlords weren't interested in a "pop culture" chain, he said.

Staying ahead of trends will be one of the biggest challenges Sunrise faces as it defines itself as a hybrid music retailer and cultural merchandiser.

"Is the business the same today as it was five years ago? Of course not," he said. "And it's going to be very different in three years. It's up to us to adapt and change." THE CANADIAN PRESS

ISRAEL

Amazon CEO asked to help halt hatred

Israel's official Holocaust memorial has asked Amazon to stop selling literature on its site that denies the genocide of 6 million Jews during the Second World War and otherwise encourages the spread of anti-Semitism.

Yad Vashem's director of libraries Robert Rozett says he has dispatched a letter to Amazon CEO Jeff Bezos offering his assistance to "curb the spread of hatred."

Rozett says Sunday that Yad Vashem has approached Amazon before on the subject but the Internet retailing giant insisted that it would not halt the sale of offensive and inciting material, citing the right to freedom of information.

Rozett says he hoped that given the recent spike in anti-Semitic incidents in the United States, particularly a vandalism attack on a Jewish cemetery near St. Louis, Mo., Amazon would reconsider its position.

He says he has yet to hear back. THE ASSOCIATED PRESS

RELIGION

Vatican hires firm to enforce papal copyrights

God's love may be free, but the Vatican says it has a copyright on the Pope.

Unnerved by the proliferation of papal-themed T-shirts, snow globes and tea towels around the world, the Vatican has warned it intends to "protect" the image of Pope Francis. It also wants to protect the crossed keys emblem of the Holy See.

"The secretary of state will undertake systematic surveillance aimed at monitoring the way in which the image of the

Holy Father and the emblems of the Holy See are used, intervening with opportune measures when necessary," the Vatican said in a statement.

To back up this declaration, the Vatican has hired the global law firm Baker McKenzie to protect its intellectual property rights, the Italian daily Corriere della Sera reported, without citing its source.

The threat of enforcement marks a sea change for a church that for some 2,000 years has

seen popes venerated on all manner of flags, banners and medals. But the popularity of Francis and the ease with which his image can be copied in the Internet age has spawned a flood of papal trinkets.

"The pope's image rights are no different from those of any other famous celebrity and so it's not surprising that the Vatican is giving notice that it will protect its (intellectual property) rights as necessary," said Nick Kounoupas, the founder of an

intellectual property consultancy in London.

The decision reflects an evolution as the Vatican adapted to modern markets.

"It's not new that people were selling T-shirts of the pope, but (previously) those were probably little local vendors," said Mark McKenna, an intellectual property expert at the Notre Dame Law School in Indiana.

"In a world of Etsy, you are able to do it on a bigger scale," he said. THE ASSOCIATED PRESS



Pope Francis magnets are displayed at a shop in downtown Rome on Saturday. THE ASSOCIATED PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

How do I support a person I care about, but am not close to, who was recently diagnosed with cancer?

Dear Ellen,

An acquaintance of mine was recently diagnosed with breast cancer. She's not a close friend, but someone I care about. How do I keep in touch, without hovering and asking intrusive questions?

Signed, Concerned

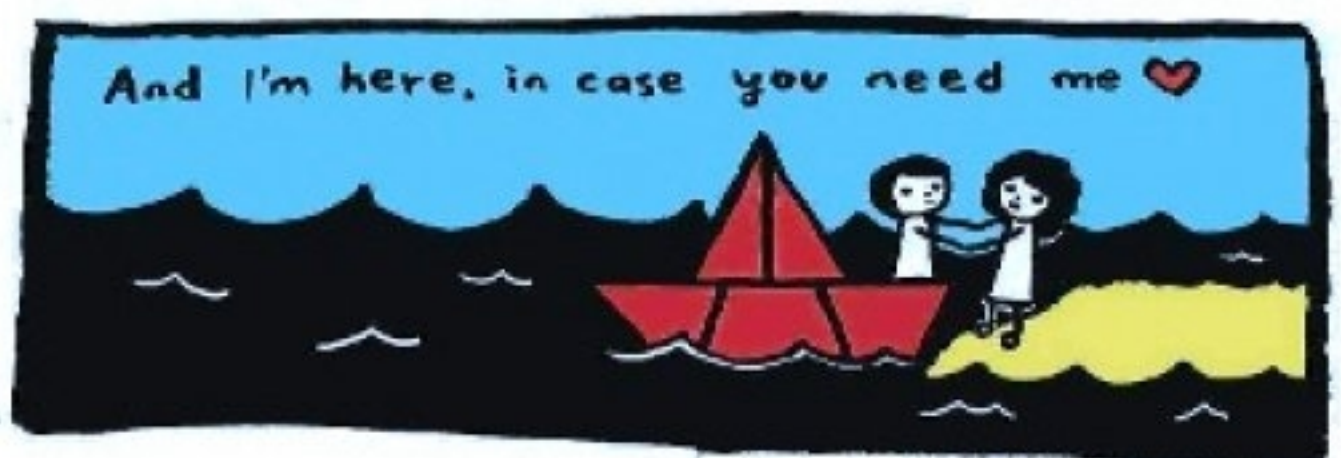
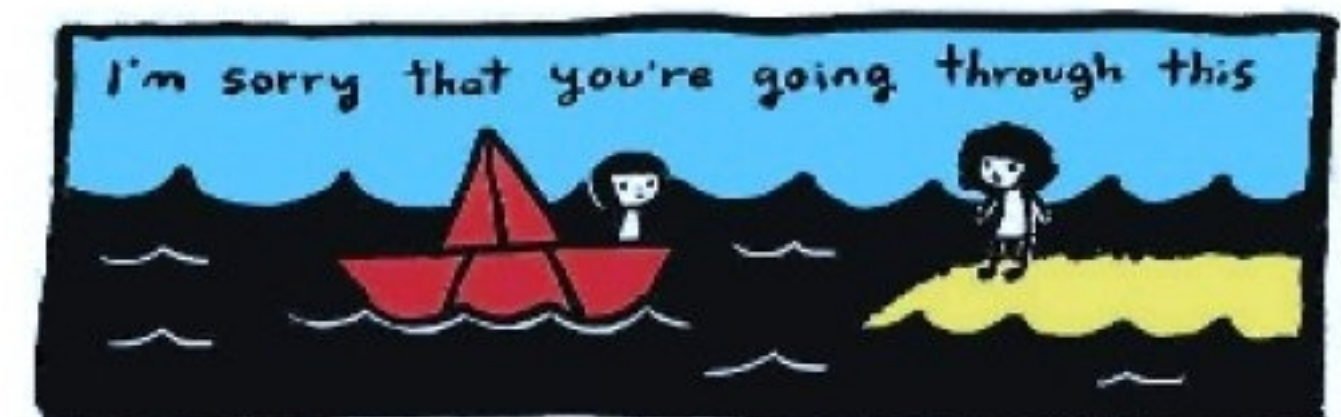
Dear Concerned,

The rules of etiquette are clear and easy to follow when it comes to big events like births, weddings, and funerals. It gets trickier with all the messy stuff in-between — like the times our friends and acquaintances are dealing with problems like depression, divorce or disease. It's easy to back away and tell ourselves we "don't want to intrude" and then wait for an invitation to act. But based on my own experiences, and mistakes, I've come around to the belief that it's better to err on the side of effort, rather than refrain from action.

I still regret my behaviour years ago, when a sort-of friend lost her fiancé in a traffic accident days before their wedding. I talked with some of her closer friends about it, and they said they'd decided to "just let her be" and not "bother" her. They'd see her around and be extra nice when she finished grieving and resumed socializing. Except she never did. She moved to another province and we never saw her again.

It felt wrong at the time, but I followed their lead and did nothing. Now I realize how cowardly that was. What I should have done was urged her closer friends to pick up the phone and call her

It's better to err on the side of effort.



Ani Castillo

immediately, and then sent a card myself instead of sitting here decades later, still filled with regret.

It's important to respect people's privacy. But if the knowledge of your acquaintance's cancer is out in the world, it's a mistake to use that privacy as an excuse not to act. So I'm glad to see that you, unlike my younger self, have the proper and compassionate — i.e. exquisitely well-mannered — impulse to "keep

in touch" and are simply wondering how best to do that.

I suggest reaching out with an email or card, mentioning that you've heard what she's going through, you're thinking of her, and you'd love to hear from her, or see her, anytime she feels like getting in touch.

Worst-case scenario for you is that she's furious you dared to contact her — but that's okay. She's allowed to react anyway she likes at this point. And though it won't be pleas-

ant for you, the fact is you acted in good faith, and deep down your sincere concern will register with her.

What you don't want is to leave her alone during what is probably the worst time of her life. It's always better to follow a generous instinct than ignore it — even if it feels clumsy and messy, like life.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

I Am Not Your Negro shows what still needs to be faced

This Black History Month, I have been thinking a lot about white people.

Because it feels increasingly condescending to congratulate black people for their bravery and rebellion without admonishing the society that made it necessary.

In *I Am Not Your Negro*, an Oscar-nominated documentary film based on an unfinished manuscript by American writer James Baldwin, the author explains with commanding calm that the construct of race is ultimately something white people need. Until they question why they need race, there will always be racism.

So when we are supposed to celebrate the achievements of black people, I find myself looking past it to the history of white people who, through indifference, apathy and violence, stood in the way of those achievements. They still do.

I think of Viola Desmond, celebrated for her brave stance. Her bold action: daring to want to watch a movie like a person. For the quotidian act of insisting on her humanity, she was dragged out of a Nova Scotia theatre, imprisoned and fined. Shamed by the publicity of this story decades later, successive governments have apologized, issued stamps, and now a \$10 bill.

Yet, part of that history is being conspicuously hidden: Desmond was not dragged out of an empty theatre. White moviegoers stood idly by. If the photos of black children integrating schools in

the U.S. are any indication, white moviegoers jeered and cheered this violence. Perhaps, in a more Canadian way, they shook the hands of the theatre manager and the police officers to thank them. I can only guess; theirs aren't the stories we share.

Until white people develop intellectual curiosity about themselves, how can black people believe that "official" acts of contrition have fixed this pathology in the people who believe themselves to be white?

Where white supremacy is the de facto law of the land, race relations describes a two-way mirror. In it, only one side sees the other while one sees only their reflection. Black people, yes, black people in Canada too, not only know our culture and history, but we know white culture and history — and the pathology that protects and defends white supremacy — with a terrible closeness.

I find it hard to pretend the "successes" of black people are not just also reflections of white people and their institutions that, in cutting and critical ways, prevented black people from being more successful.

As Baldwin says in the documentary, "Not everything that is faced can be changed, but nothing can be changed until it is faced." The jeering white mobs and silent white moviegoers are the faces of white people you know.

This Black History Month, I have been thinking: When is White Complicity Month?

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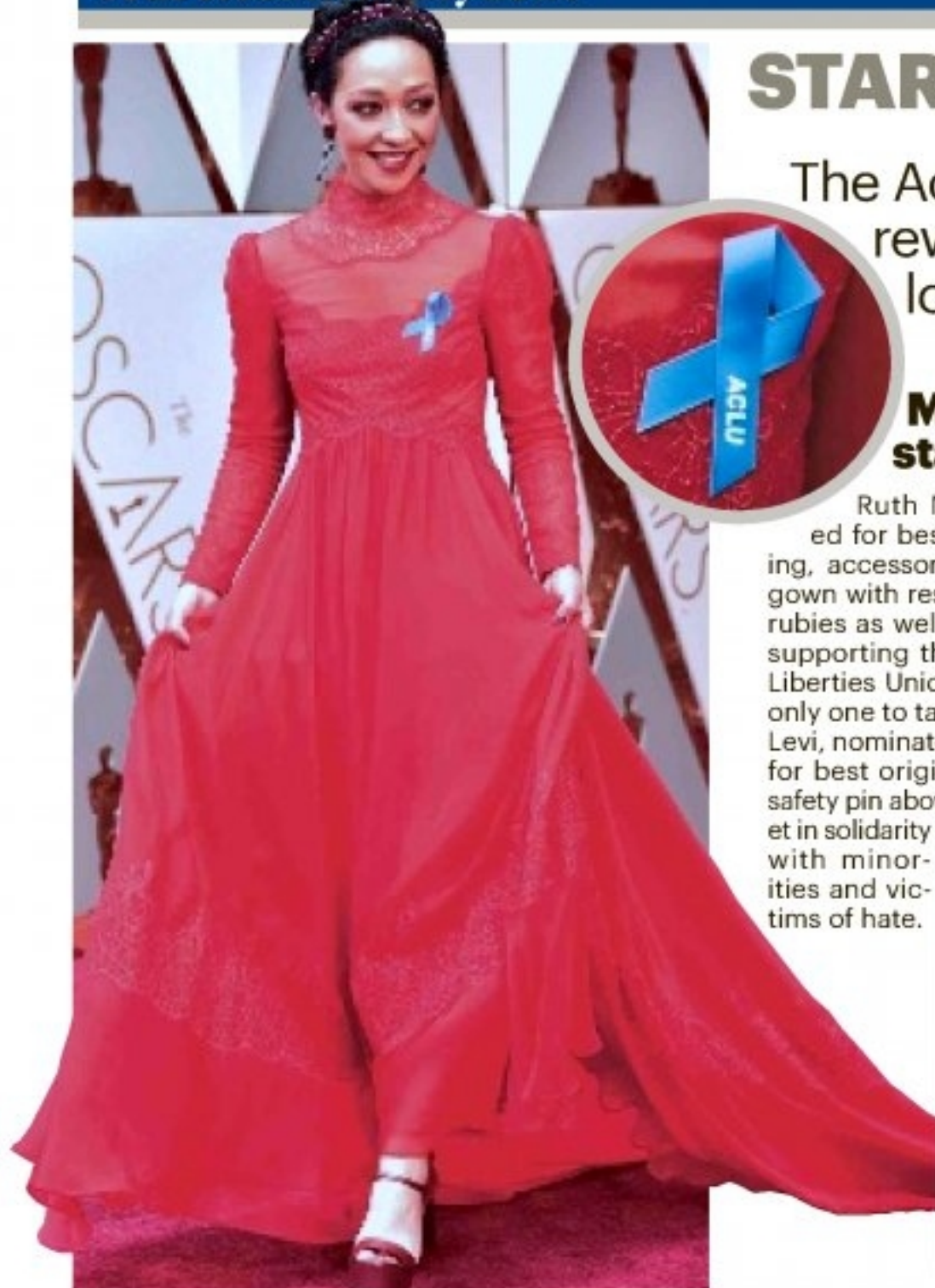


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STAR STYLE BEST DRESSED AT THE OSCARS

The Academy Awards is not a show where celebrities are generally rewarded for making bold fashion choices, but this year the best looks not only made a statement but took a stand. **NICHOLE JANKOWSKI/METRO**



Make a statement

Ruth Negga, nominated for best actress for *Loving*, accessorized her Valentino gown with responsibly sourced rubies as well as a blue ribbon supporting the American Civil Liberties Union. She wasn't the only one to take a stand — Mica Levi, nominated in the category for best original score, wore a safety pin above her breast pocket in solidarity with minorities and victims of hate.



Old Hollywood glamour

Hollywood loves to be self-referential — see: *La La Land*'s 14 noms. So while it's a safe bet to wear fashion the industry made famous, it's one that's guaranteed to land Kirsten Dunst (in Dior Haute Couture) and Emma Stone (in Givenchy Couture) on best-dressed lists.

Shoulder pads

The eighties are back in a big way so it's no surprise that shoulder pads made an appearance at the awards. Dakota Johnson rocked a Gucci frock with strong shoulders as did best-actress nominee Isabelle Huppert (in Armani Privé).



Ali makes Oscar history

OSCARS

Moonlight star first Muslim to win as Kimmel roasts Trump

The 89th Academy Awards kicked off Sunday as expected — with one man front and centre. But once the Donald Trump jokes that host Jimmy Kimmel peppered his opening riff with died down, there was a moment — and a victory — of true significance.

In the night's first award category, Mahershala Ali became the first Muslim actor to win an Oscar, his role in coming-of-age drama *Moonlight* securing him the best supporting actor honours.

Ali had made an impassioned acceptance speech last month at the SAG Awards, ref-

erencing persecution of minorities days after Trump's Muslim travel ban had been introduced. But on Sunday he concentrated on paying tribute to his loved ones.

Ali referenced his teachers and *Moonlight* director Barry Jenkins and thanked his wife, who gave birth to their daughter four days ago.

Nonetheless, the recently elected president was prominent throughout the early



I want to say thank you to president Trump. I mean remember last year when the Oscars seemed racist?

Jimmy Kimmel, Oscars host

evening at Los Angeles's Dolby Theatre with several top nominees sporting blue ribbons supporting the American Civil Liberties Union — who have fought the ban in court — along the red carpet.

Once Justin Timberlake had opened the show with his nominated song *Can't Stop the Feeling*, Kimmel got down to what most had expected of him — roasting the U.S. president.

"I want to say thank you president Trump. I mean, remember last year when the Oscars seemed racist?" said the late night TV host before riffing on two of the nights most favoured films — *La La Land* and *Hidden Figures*.

"It's been an amazing year for movies. Black people saved Nasa and white people saved jazz. That's what you call progress."

METRO/WITH FILES FROM CANADIAN PRESS



Mahershala Ali saw off strong challengers to pick up the Academy Award for best supporting actor Sunday for his role in the coming-of-age drama *Moonlight*. MARK RALSTON/AFP/GETTY IMAGES



Elijah Wood and Melanie Lynskey in *I Don't Feel at Home Anymore*. CONTRIBUTED

JOHANNA SCHNELLER
WHAT I'M WATCHING

Midnite Movie turn feels like a cheat

THE SHOW: *I Don't Feel at Home in This World Anymore* (Netflix)
THE MOMENT: "Waah, waah"

Chris (Robert Longstreet) is a rich guy, clearly dirty somehow. He comes home to find Ruth (Melanie Lynskey, great) and Tony (Elijah Wood), having a blast on his sofa.

Ruth explains: Chris's son broke into her house and robbed her. "I came here to find him," she says. "To confront him."

"How dare you? Waah waah?" Robert says mockingly. "Like that?"

"Exactly," Ruth says. "You can't do that to people."

He smiles cruelly. "You say that like it means something. Anyone can do anything if you let them. Welcome to the world."

He offers her a payoff. She refuses. "Then I'm confused," he says. "What do you want?"

"For people not to be a—s," she replies.

This is one of those signal

conversations, occurring just after the midpoint, where characters state the theme of the story they're in. For the first 20 minutes, Ruth is meek. In the next 30, we watch her find her voice. Now we clearly see that her enemy isn't just the thieves of the world—it's the jackasses, too. But then I also get confused, because this telefilm (written and directed by Macon Blair), which starts off as reflective and lonely, takes one of those Midnite Movie turns into another genre altogether. I get that this is Blair's specialty (he made the indie films *Blue Ruin* and *Green Room*), and that it's considered cool—you won't see it coming!

Here it feels like a cheat, though, not to mention a rather uninspiring moral: If you can't beat the a—s, join 'em.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Film world mourns Bill Paxton's death

OBITUARY

Movie credits include Apollo 13, Titanic, The Terminator

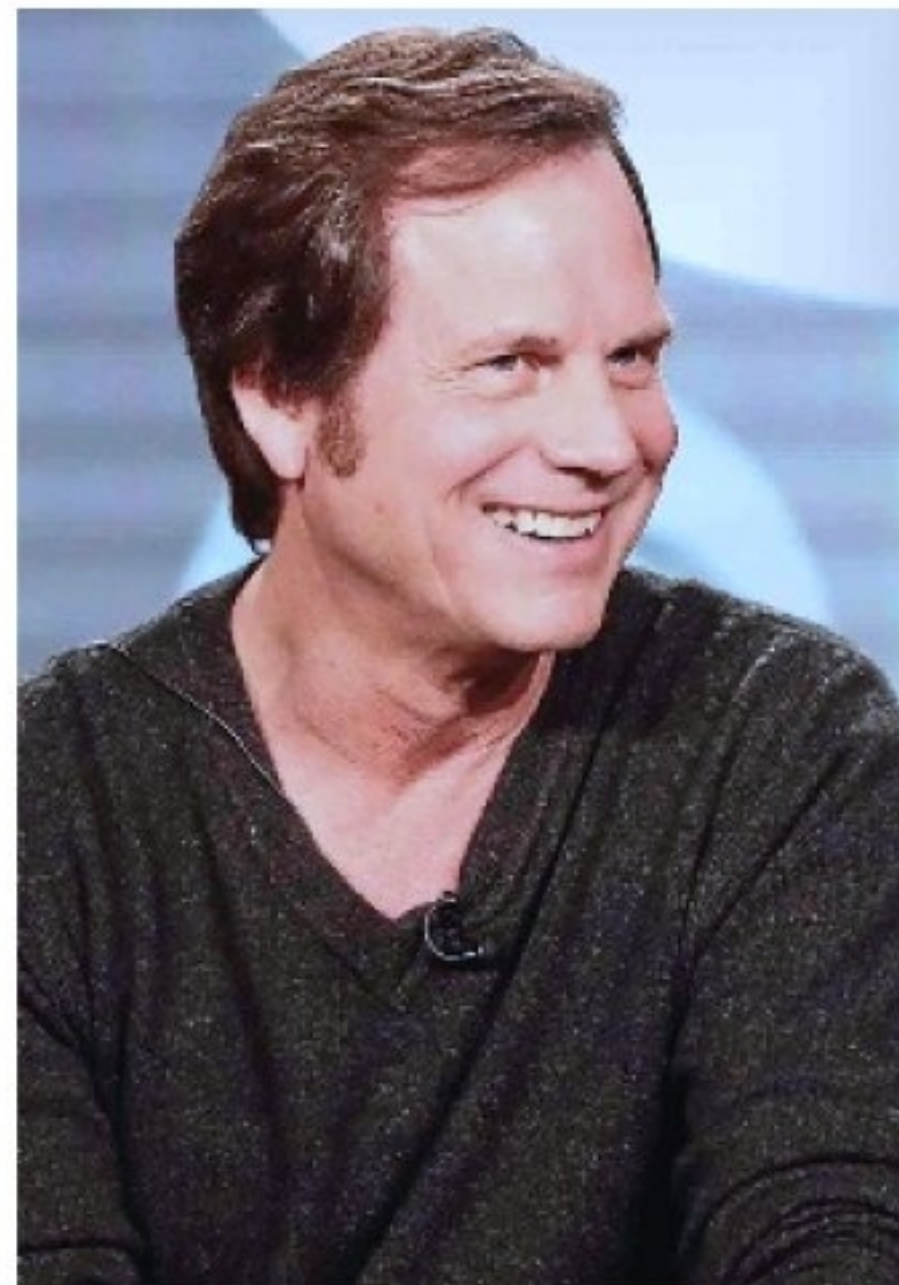
Bill Paxton, a prolific and charismatic actor who had memorable roles in such blockbusters as *Apollo 13* and *Titanic* while also cherishing his work in *One False Move* and other low-budget movies and in the HBO series *Big Love*, has died from complications due to surgery. He was 61.

A family representative issued a statement Sunday on the death but provided no further details.

Paxton, a Fort Worth, Texas, native, appeared in dozens of movies and television shows and seemed to be around when history was made both on and off screen. As a boy, he was in the crowd that welcomed President John F. Kennedy in Texas on the morning of Nov. 22, 1963, hours before Kennedy was killed in Dallas. As a young man, he worked in the art department for "B" movie king Roger Corman, who helped launch the careers of numerous actors and filmmakers.

Paxton's movie credits included some of the signature works of the past 40 years, from *Titanic* and *Apollo 13* to *The Terminator* and *Aliens*. Television fans knew him for his role as a polygamist, with three wives who expected the best from him, in the HBO series *Big Love*, for which he received three Golden Globe nominations.

Paxton was currently starring in the CBS drama *Training Day*, which premiered Feb. 2. The network has not yet an-



Bill Paxton was currently starring in the CBS drama *Training Day*. The actor has died from complications due to surgery, his family said in a statement Sunday. GETTY IMAGES

nounced whether it will continue to air the completed episodes.

Paxton is survived by his wife of 30 years, Louise Newbury, and their two children. His first marriage, to Kelly Rowan, ended in divorce.

His death adds a sad note to Sunday night's Academy Awards ceremonies. Paxton was never nominated but appeared in several Oscar-winning movies and was below-

ed and respected throughout Hollywood and beyond.

"I'm a frustrated romantic actor," he told *The Associated Press* in 2006. "I wanted to play the Bud part in 'Splendor in the Grass,' I wanted to play Romeo—the great, unrequited, tragic love stories. I've gotten to mix it up a bit with the ladies but the romance has been a subplot, running from the tornado or whatever."

THE ASSOCIATED PRESS

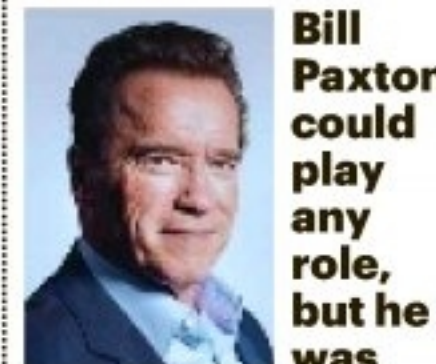
REACTION

Stars pay tributes to actor



Bill Paxton was a big-hearted, thoughtful and honourable person. He always had a smile and could entertain any room with his wonderful stories.

Chloe Sevigny, Paxton's *Big Love* co-star



Bill Paxton could play any role, but he was best at being Bill—a great human being with a huge heart.

Arnold Schwarzenegger

Devastated by the sudden loss of my close friend and one of the finest actors in the business.

Rob Lowe



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The most amazing show on ice

CANADA



150 CELEBRATION

ICE TRACK

The Red Bull Crashed Ice is coming to Ottawa

Jen Traplin

One of the most exciting events in sports is coming to Ottawa this weekend — the Red Bull Crashed Ice finale — where athletes from around the globe will be racing down a massive ice track.

One of them is 26-year-old Ottawa native Daniel Guolla who has been Ice Cross Downhill racing for eight years. He's competed all over the world, including numerous times in



Athletes from around the globe will be racing down a massive ice track this weekend in Ottawa. CONTRIBUTED

Canada, but admits the chance to perform in front of a hometown crowd is a real thrill.

"Anytime I've competed in Canada, it was always in Quebec City and then Niagara

Falls in 2012, but it's always been in the back of my mind that it would be super cool to have the race here in my hometown and it's finally here and I can't wait," he admits.

"All my friends and my family are going to be there. It's going to be unreal, I'm super excited."

Adding to Guolla's excitement is the iconic location

chosen for the Red Bull Crashed Ice finale — the Ottawa Locks on the Rideau Canal.

"That's part of what makes these events successful and really cool looking is that they

+ SCHEDULE

Friday, March 3

10 a.m. to 12:30 p.m. | Shootouts
5:30 p.m. | Gates Open
8 to 9:30 p.m. | World Junior Championship

Saturday, March 4

6 p.m. | Gates Open to General Public
8:30 to 10 p.m. | 2017 Ice Cross Downhill World Finals
• These events are FREE

do put these races in iconic places around the world. The locks with the Ottawa River and Parliament and the Chateau Laurier right there, it's up there with some of the cities that I've seen in Europe," he says.

That unique location, of course, also means the course itself is unlike anything Guolla has ever competed on.

"This particular course is definitely one of the trickier ones they've ever built — the number of jumps and how tight they are together and how many features there are, it's definitely one of the hardest ones we've ever had," he says. "How hard, exactly, is going to be hard to say until we go down."



+ STANLEY CUP TRIBUTE

2017 not only marks Canada's 150th birthday, it also presents a unique opportunity to celebrate a hat trick of hockey milestones — the 125th anniversary of the Stanley Cup, the centennial of the National Hockey League and the Ottawa Senators' 25th season.

That's why Ottawa 2017 is presenting a four-day Stanley Cup Tribute next month as part of the Canada 150 celebrations.

WHAT'S HAPPENING

The Stanley Cup Returns Home, Thursday, March 16

Governor General David Johnston will host the iconic trophy at Rideau Hall, the birthplace of the Stanley Cup. Fans will then have the chance to take a photo inside the residence, under the official portrait of Lord Stanley, the 6th Governor General of Canada and the creator of the Stanley Cup tradition.

Stanley Cup 125th Anniversary Tribute Concert, Friday, March 17

This Ottawa 2017 Signature Event features performances by Metric, The Sheepdogs, Bobby Bazini and Kevin Bazinet. The show also includes Stanley Cup stories

told by living hockey legends and will feature rare archival footage of some of hockey's greatest moments. The Stanley Cup itself will also make an appearance.

Stanley Cup Monument Groundbreaking Ceremony, Saturday, March 18

Witness the ground-breaking ceremony at the site of the future Stanley Cup Monument on the 125th birthday of the Stanley Cup.

For a full list of Stanley Cup Tribute events or to purchase tickets for the Stanley Cup 125th Anniversary Tribute Concert, visit ottawa2017.ca.

+ METRO ASKED

We asked hockey fans here in Ottawa what the game means to them.



EVAN MALAMUD

"Hockey to me is time well spent. It's cheering on the Senators, watching a friend's kid in minor hockey and a beer on a Saturday night in front of the TV or live in Kanata."



MARC GUAY

"To me, it's the thing that brings us together and divides us so deeply as Canadians, yet we are all friends in the end. That's awesome."



MATT SOBB

"It's a lifelong passion as a player and a fan — from the outdoor rink to 6 a.m. practices, house leagues to beer leagues and even pickup with former NHLers."

CANADA'S BIG YEAR HAPPENS HERE!



TOP 10 NOT-TO-BE-MISSED 2017 EVENTS

Agri 150

January – December

Awaken your senses and indulge in the beauty of rural Ottawa with a series of unique outdoor events. **\$**

Ignite 150

January – December

A series of EPIC stunts, gatherings and happenings presented in surprising locations. **\$**

Ottawa Welcomes the World

January – December

Embassies will mark their country's national celebration at Lansdowne with food, music and more. **Free**

Red Bull Crashed Ice

March 3 – 4

The final leg of the Ice Cross Downhill World Championship taking place at the historic Ottawa Locks on the Rideau Canal. **Free**

Stanley Cup® Tribute

March 15 – 18

A four-day celebration of a Canadian emblem and the most revered trophy in all of sports: the Stanley Cup. **\$**

JUNO Week

March 27 – April 2

An unprecedented week of musical festivities culminating in the 46th Annual JUNO Awards at the Canadian Tire Centre. **\$**

Inspiration Village

May 20 – September 4

This public gathering space built of sea containers will showcase special exhibitions and performing arts featuring Canadian provinces and territories. **Free**

Kontinuum

An Underground Journey Through Time

End of June – Mid-September

This world first immersive multimedia production will be projected in one of our city's future Light Rail Transit (LRT) stations. **Free**

Sky Lounge

July 7 – 22

Two weeks of exclusive and fantastical culinary experiences that will lift guests over 150 feet in the air to experience Ottawa's fine dining like never before. **\$**

La Machine

July 27 – 30

La Machine will bring its monumental motion theatre to the streets of downtown Ottawa. Prepare to be mesmerized by these fascinating creatures. **Free**



2017
OTTAWA

CELEBRATING 150 YEARS
CÉLÉBRONS NOS 150 ANS

Whistler's Marielle Thompson clinched the World Cup ski cross crown Saturday at Russia's Sunny Valley resort with her sixth win of the season



Youth movement sparks Reds' Votto

MLB

Former MVP glad to lead green players by example

Youth dominates the Cincinnati Reds' roster this spring. Maybe that's helping rekindle Joey Votto's intensity and competitive edge.

"Last year, I felt like I was on the border of being burned out," the first baseman said. "I didn't feel like that this off-season."

The Reds went 68-94 last year, tied with San Diego for the worst record in the National League.

The 33-year-old Votto is starting his 10th full season in the majors after hitting .326 with 29 home runs, 97 RBIs and an NL-leading .434 on-base average.

Cincinnati was in its seventh straight losing season when Votto was called up in September 2007. The team broke through in 2010, with Votto winning the NL MVP award and the Reds taking the Central title.

The Reds posted three 90-win seasons in four years, including two division titles.

Since then, they have traded Johnny Cueto, Todd Frazier, Jay Bruce and others. Just before training camp opened, star second baseman Brandon Phillips was dealt.

Votto remains behind and after signing a 10-year contract in 2012, he is going through a second rebuilding cycle.

"It's been a big transition," Votto said. "It has happened slowly. Brandon being traded was the final step."

The Reds lost the NL wild-card game to the Pirates in 2013.

They were at least 10 games under .500 the last three seasons.

"I enjoy the time I have with these guys," said Votto, a Toronto native. "I'm excited about this next group. I like to see guys find themselves. I've enjoyed watching Billy (Hamilton), (Scott) Schebler and (Adam) Duvall improve and be all-stars."

Aside from pitchers Bronson Arroyo and Homer Bailey, short-stop Zack Cozart and catcher Devin Mesoraco, most of the remaining Reds

have less than three full years in the majors.

"I know the younger guys welcome the turnover. They can say this is our time," Votto said.

Votto doesn't necessarily want to be known as a leader.

He'd rather teach by example.

"I have guys treat me with deference, which is uncomfortable," Votto said. "I've had guys take it the other way. I just want to fit in."

Votto continues to swing

.326

Votto's batting average last season, which went with an NL-best .434 on-base percentage.

one of the best bats in baseball. He overcame a slow start last year — hitting just .215 on June 1, he batted .378 over the last 104 games. He hit .419 in July and .394 in August.

"There's been years I've started out really, really well and years I've struggled," Votto said.

Votto finished seventh in the MVP voting last season. He thinks the state of the team influences the outcome.

"A lot has to do with the how well the team plays. Fifty years ago, they valued batting average more than they do now," Votto said.

THE ASSOCIATED PRESS



Joey Votto
THE ASSOCIATED PRESS

Blue Jays lose both split-squad games

The Toronto Blue Jays dropped a pair of exhibition split-squad games Sunday, falling 7-2 to the New York Yankees and 10-3 to the Philadelphia Phillies.

At Dunedin, Fla., Andres Blanco went deep and Nick Williams drove in two runs for the Phillies.

Jose Bautista went 2-for-3, including a double in the first inning, and Kendrys Morales went 2-for-2 with a solo home run and two runs batted in for Toronto, which committed three errors.

Ben Lively picked up the win for Philadelphia, while Justin

Shafer took the loss for Toronto. Joe Biagini started on the mound for the Jays, giving up two hits and a walk and struck out three over 1-2/3 innings.

At Tampa, Fla., Starlin Castro hit a three-run homer and Billy McKinney added a two-run shot to power the Yankees' offence.

Jarrod Saltalamacchia had a two-run homer for the Blue Jays.

Luis Severino picked up the win for New York.

Brett Oberholtzer surrendered three earned runs over two innings and took the loss for Toronto. THE CANADIAN PRESS

NASCAR

Busch outlasts field in wild Daytona 500

Kurt Busch had a monster start to the season with a last-lap pass to win the crash-filled Daytona 500.

Busch is sponsored by Monster Energy, which kicked off its first season as the title sponsor for NASCAR's top series Sunday with the season-opener. It wasn't NASCAR's finest moment, though, as multiple accidents pared down the field and had a mismatched group of drivers

racing for the win at the end.

"The more that becomes unpredictable about Daytona, the more it becomes predictable to predict unpredictability," Busch said. "This car's completely thrashed. There's not a straight panel on it. The strategy today, who knew what to pit when, what segments were what. Everybody's wrecking as soon as we're done with the second segment."

"The more that I've run this race, the more that I just throw caution to the wind, let it rip and just elbows out. That's what we did."

It appeared to be pole-sitter Chase Elliott's race to lose, then he ran out of gas. So did Kyle Larson, Martin Truex Jr. and Paul Menard. As they all slipped off the pace, Busch sailed through for his first career Daytona 500 victory. THE ASSOCIATED PRESS



Kurt Busch GETTY IMAGES

PGA TOUR

Fowler rides putter to Honda victory

Rickie Fowler made it interesting Sunday for as long as it took him to make two big putts to pull away in the Honda Classic.

Staked to a four-shot lead, Fowler hit one putt into a sprinkler hole, hit a tee shot into the water and watched a big lead shrink to one over Gary Woodland early on the back nine. Fowler answered

with consecutive birdie putts of 40 and 25 feet and closed with a 1-over 71 for a four-shot victory.

Woodland finished in a tie for second with Morgan Hoffmann.

Jhonattan Vegas made a hole-in-one on the 15th hole and closed with a 64 to finish in a six-way tie for fourth.

THE ASSOCIATED PRESS

If I don't make those putts, I've got a pretty tight race.

Rickie Fowler

IN BRIEF

Guay wins super-G bronze
Canadian Erik Guay captured a bronze medal in a men's World Cup super-G on Sunday.

The Mont-Tremblant, Que., veteran led at every interval of his final run until the last one, crossing the finish line 0.23 seconds behind winner Peter Fill of Italy.

Guay's third super-G World Cup podium moved him into eighth place in the overall standings.

THE CANADIAN PRESS

Bishop traded to Kings

The Los Angeles Kings have acquired goaltender Ben Bishop in a trade with the Tampa Bay Lightning.

Los Angeles sent Peter Budaj, defensive prospect Erik Cernak, a 2017 seventh-round pick and a conditional pick to Tampa Bay for Bishop and a 2017 fifth-round pick.

The Kings now have Bishop — a pending unrestricted free agent — Jonathan Quick in goal.

THE ASSOCIATED PRESS

MAKE IT TONIGHT

Healthy Cauliflower Cous Cous with Roasted Brussels Sprouts



PHOTO: MARY VISHNEI

Ceri Marsh & Laura Keogh
For Metro Canada

Eating your veggies just got a whole lot easier.

Ready in 40 minutes

Prep time: 10 minutes
Cook time: 30 minutes
Serves 4

Ingredients

- 1 sweet potato, cut into 1/2-inch pieces
- 2 cups Brussels sprouts, quartered
- 1 Tbsp olive oil plus two tsp
- 1 head cauliflower
- 1 Tbsp salt, plus 2 tsp
- 1/2 tsp cumin
- 1/4 cup crumbled feta
- 1 pat of butter
- 4 eggs

Directions

1. Preheat oven to 400. In a bowl, toss sweet potato and Brussels sprout pieces with 2 tsp olive oil and 1/2 tsp salt. Spread vegetables out on rimmed baking

sheet and roast, stirring once or twice, until deep golden brown, crisp outside and tender inside, 20 to 25 minutes.

2. Cut cauliflower in quarters and carve out inner core. Cut quarters into florets and transfer the food processor, pulsing into cous cous-sized granules. Put in a bowl.

3. Heat a large skillet over medium heat then add 1 Tbsp oil. Add cauliflower cous cous and sprinkle with remaining salt. Add cumin and stir. Cook until tender, about 5 minutes. Take off heat and set aside. Gather 2 cups of cous cous.

4. In another large frying pan over medium heat, add a pat of butter and four eggs. Cook a few minutes and cover 1 to 2 minutes. Remove eggs once the whites are set and the yolks are cooked to your preference.

5. Stir together the cous cous, sweet potato mix and feta or divide veggies amongst four bowls and sprinkle with feta. Top each bowl with a fried egg and serve.

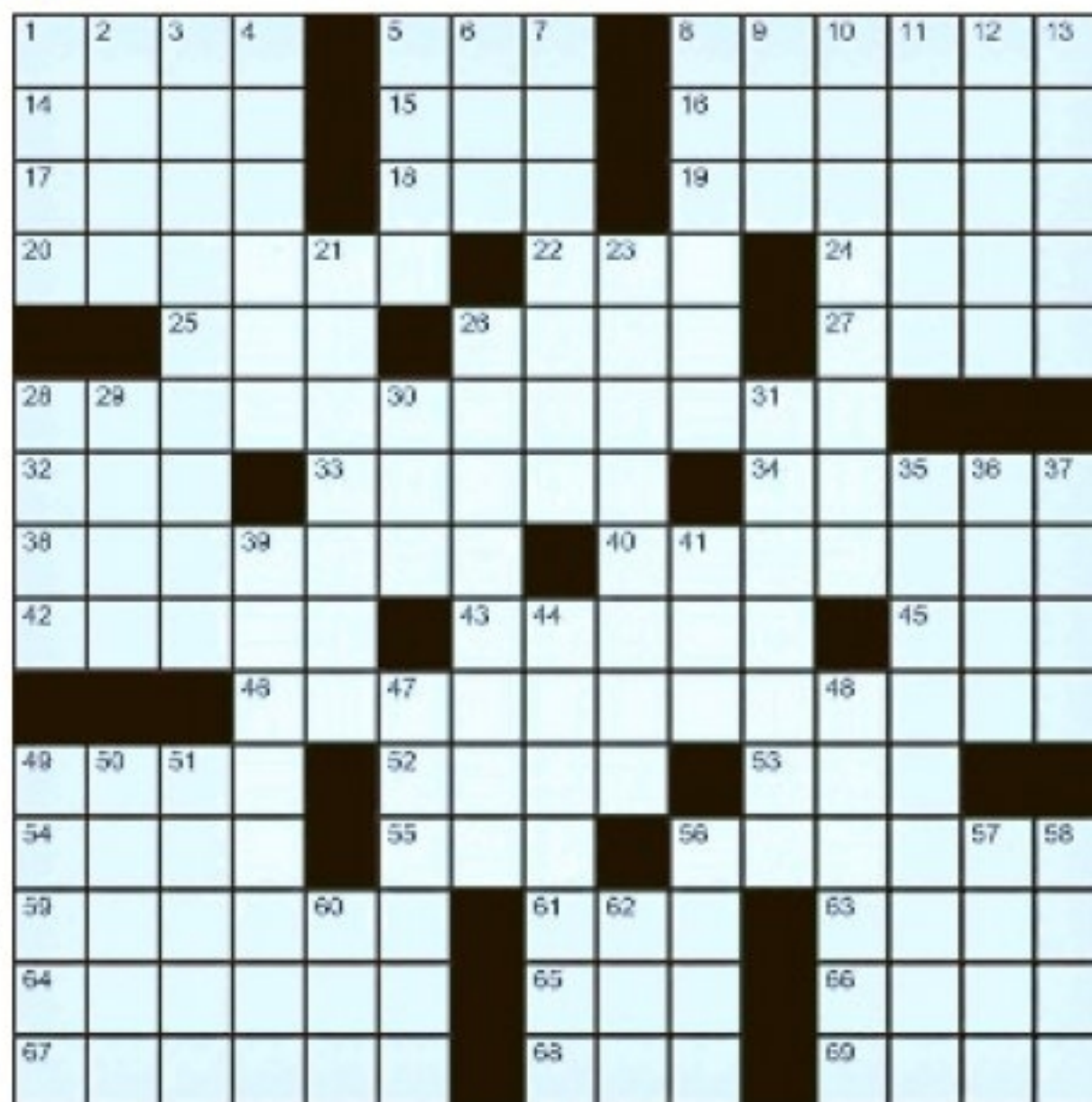
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- 17th-century Dutch painter, Nicolaes
- Ordinal suffixes
- Actress Alyssa
- "In the Valley of" (2007)
- At the age of, in Latin (abbr.)
- "The Jeffersons" star Ms. Sanford
- Spanish double affirmative
- Jongg
- Sings in The Alps
- "I ___ tell you this, but..."
- Greek alphabet letter
- Ivy League school
- Mr. Gulager of "The Virginian"
- Blood type: letter + abbr.
- Welsh opera singer Mr. Terfel
- Beaty ___ Museum (University of British Columbia's natural history attraction)
- Anecdotal collection
- "There's no room ___" (I guess we'll be standing)
- Ink: French
- Like still-in-the-glass milk
- Golden-crowned ___ (Tiny songbird)
- "I share that sentiment": 2 wds.
- Construct
- Pickering's prov.
- As per #28-Across...
- Marine ___ Collection (No backbone is required to view these specimens!)



- Place the painting
- "Count ___ a blessing."
- Informally fine
- ___ the air
- Amer. ID
- 2002 Atom Egoyan film
- "My friend," in Montreal: 2 mots

- Carole King's "___ Too Late"
- Pharmacy quantity
- Daily ___ (Clark Kent's newspaper)
- "Tail"-meaning prefix
- Hawkeye State
- Some gar-

- den plants
- Madonna's "___ Girl"
- 911-calling reason, briefly

- location: 2 wds.
- Canadian ___ (Region of rocks)
- ___-shanter
- "Isn't ___ bit..." - The Beatles, "Nowhere Man"
- Montreal-set Oscar Peterson tune: "Place ___"

- "The Karate Kid" (1984) character
- Prefix to 'thermal'
- NHL sportsmanship award, ___ Memorial Trophy
- "Fuzzy Wuzzy was ___"
- "Hot in Herre" rap star
- Merlin ___ (Football player turned actor)
- University fee
- At-home diagnostic purchases: 2 wds.
- Wiseest/safest choices: 2 wds.
- Author, L. Frank ___ (b.1856 - d.1919)
- Ye olde rest stop
- Book serial abbr.
- Serve Cliff and Norm: 2 wds.
- Jacket-checking spot
- Monthly payment
- 'Kitchen' add-on
- Moving/heartfelt
- 'Tact' suffix
- Nuclear+weapon element
- Sojourns
- Band's helper
- Skeptic's sound
- Olympian, ___ Anton Ohno
- Songstress Ms. Simone's
- Biblical stringed instrument
- "...___ forgive those who trespass..."
- Split
- "Oh, give ___ home..."
- Drummer Mr. Cool

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be careful not to overestimate your abilities to do something today, because it's easy to do. Your ruler Mars is in your sign, getting zapped by Jupiter. "I am King!"

Taurus April 21 - May 21
You might try to take on more than you can handle by pulling strings behind the scenes today. Be careful. No one is bulletproof.

Gemini May 22 - June 21
You will be aggressive when dealing with friends and groups today. This is why you are inclined to take over and run the show. This might be a good thing, but it might not be.

Cancer June 22 - July 23
You're going to give it everything you've got today, because your ambition is aroused. You believe in yourself, and you want others to believe in you as well. (They probably will.)

Leo July 24 - Aug. 23
Avoid coming on too strong with political arguments or discussions about religion and race. Lighten up — you don't need to go on a rant.

Virgo Aug. 24 - Sept. 23
If you have to divide an inheritance or shared property or something like this, be prudent today. Your impulse is to go overboard. Don't bet the farm. Protect everyone's best interests.

Libra Sept. 24 - Oct. 23
You might attract someone today who is overbearing and bossy. You might want to avoid this person, if possible. (Forewarned is forearmed.)

Scorpio Oct. 24 - Nov. 22
You're willing to work hard today because you are enthusiastic about something. This is why you have the energy to go all the way and encourage others to follow you.

Sagittarius Nov. 23 - Dec. 21
Those of you involved in sports will be energetic and over-the-top today because you won't stop until you win. You like to work hard/party hard; nevertheless, be cool today.

Capricorn Dec. 22 - Jan. 20
Don't tackle more than you can handle by taking on renovations and big projects at home. Learn to crawl before you walk. Learn to walk before you run.

Aquarius Jan. 21 - Feb. 19
You are so enthusiastic today, your sales abilities are amazing. However, if you come on too strong, then people will not trust you. Caution.

Pisces Feb. 20 - March 20
You have big moneymaking ideas today, and they just might fly. However, be smart and keep your feet on the ground even though your head is in the clouds.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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HEADLINE

COFFEE

Lava Java

Discovering a Guatemalan coffee that's [almost literally] erupting with flavour

By: Sean Deasy



The Guatemalan mountains

A lot goes into making a great cup of coffee, and perhaps nothing more important than the origins of the bean itself. From idyllic climate conditions to the high-nutrient content of the soil, the coffee we enjoy is very much the sum of its parts. And, on rare occasions, we get a bonus.

In this case: Fedecocagua coffee. Already benefiting from the fertile soil of Guatemala's San Marcos region – the country's coffee-belt – its rich bean has traces of volcanic ash to inform a singularly unique flavour – one that summons chocolate, vanilla and one rather surprising nuance: smokiness.

"What I find exciting about this Guatemalan coffee is that the beans are grown on the slopes of volcanic soil," says roaster Eric Shabsove from Mountain View Coffee in Toronto. "It's one of the things I love about San Marcos. When you drink it you can just picture the volcano with centuries of accumulated volcanic soil, and you can actually taste the hint of smokiness that comes from years and years of eruptions. It's truly fantastic."

Shabsove insists the hint is so slight that it shouldn't deter smoke-shy java drinkers.

The region also boasts another distinctive characteristic: a considerably long harvesting

period – from November through March.

"What you get in Guatemala is a harvest season that extends into early spring. It's typical amongst all Central American coffee countries, notably in Costa Rica, where you can start harvesting let's say in November, December and into January."

Shabsove says something exceptional happens after the two-month processing period [in which time the beans are harvested, washed and dried]. "When you see the beans ready to be shipped, you're also already seeing the flowers blooming for next season. That's what so great about it: ultimately the beans are really bigger and better and you get that really fantastic taste."

Another natural asset for the San Marcos region is an abundance of rainfall, more so than other regions of the country, says Shabsove. "[The additional rainfall] does give that extra boost to the production and early flowering, so the beans are that much tastier, they've had a little bit longer to mature."

Speaking of quality control, this is a handpicking operation, primarily because of where and how the beans are grown: on steep volcanic slopes.

The growers

So who's doing the growing, picking and producing of this delightful coffee?

Fedecocagua – already a mouthful for some to pronounce – is the abbreviation for the Federación de Cooperativas Agrícolas de Productores de Café de Guatemala. It's a federation of roughly 148 co-operatives and 20,000 members from across Guatemala's coffee belt, many of which are of Mayan origin.

"I believe about 70 percent of its members are comprised of indigenous peoples of Guatemala," says Eric Shabsove. The members are growers who typically own small plots or family farms, typically averaging 1.3 hectares. While the cultivation of coffee is their primary function – according to Shabsove, coffee represents 80 to 90 percent of a farm's income – they also produce basic grains and other agricultural products for their own consumption.

For these growers joining a co-op minimizes obstacles such as high processing costs and problems in product quality, and helps with technical advice and accessing financing.

"The co-ops help with getting these farmers a line of credit. They're able to borrow money to help with expenses when they bring their beans in to process," says Shabsove. "Membership also helps with warehousing, transportation of the product and allows them to access the fair trade premiums, which is also a boon because it provides additional income."

The order of coffee

Shabsove is particularly excited about introducing Guatemalan Fedecocagua coffee as this month's Headline Coffee. As the chief roaster and curator of the series, he is taking us on a guided tour of the world's best coffees – but he's doing so on a very deliberate path.

"It's always really great coffee, but to embark on a true journey of taste, we need to accentuate every region, because they all have their own distinct characteristics. And I'm trying to make it a unique experience every time. We're back in Central America now, for instance, but we've definitely not tasted anything like this before."

HEADLINE

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